

Nerve_Sedative_Formula_2004.txt

Nerve Sedative Formula

2 - parts Valerian Root
2 - parts Lobelia Seed Pods
2 - parts Passion Flower
1 - part Hops Flowers
1 - part Black Cohosh
1 - part Blue Cohosh
1 - part Skullcap
1 - part Wild Yam

Remember a 'part' is a measurement by volume = handful, cup, tablespoon, etc.

Love,

Doc

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